

What Can Home Visitors Do?

Home visitors will offer support, they will listen to you and share with you the experience of being a parent.

The home visitor can:

- ♦ Make home visits before and soon after your baby is born.
- ♦ Answer your questions about pregnancy, infant care, feeding, and mother's recovery.
- ♦ Offer friendly support.
- ♦ Provide you with information on prenatal care, baby care, nutrition, and immunization providers.
- ♦ Help you find community agencies or programs to meet your needs.
- ♦ Encourage you to contact your doctor about any health concern.
- ♦ Tell you what behavior to expect from your baby at various times during the first year.

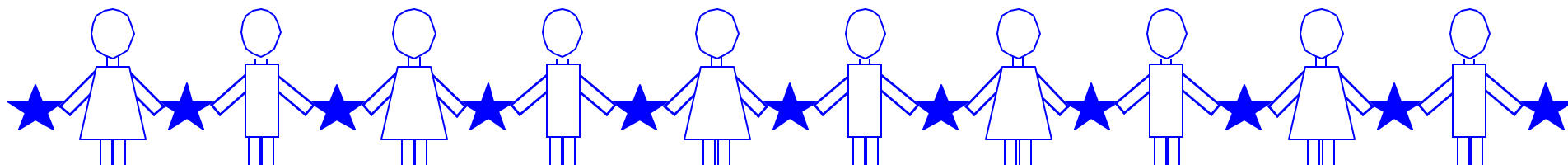
Services for Your Family

- ♦ Give you information on discipline, the setting of rules and limits for children.
- ♦ Explain kinds of play activities and toys suitable for your baby.
- ♦ Give helpful suggestions on nutrition.
- ♦ Provide or refer you for child development information.
- ♦ Explain what immunizations your baby should get and when your baby should get them.
- ♦ Tell you how to choose and use a child's auto safety seat.
- ♦ And most important of all – listen and share in the experience of being a parent.

Other Services A Home Visitor Can Tell You About

Home visitors can also give you information on:

- ♦ Supplemental food for women, infants and children (WIC).
- ♦ Life-style change programs – stop smoking, alcohol and drug abuse.
- ♦ Financial help – emergency food, food stamps, health care and emergency assistance.
- ♦ How to obtain licensed childcare or babysitting.
- ♦ Adult education – how to speak English, learn to drive, get a high school diploma.
- ♦ Recreation and religious services.
- ♦ Marriage counseling.
- ♦ Family planning.
- ♦ Help with being a parent.
- ♦ Other available community services to help you provide the best for your family.



Healthy Start Program

The Healthy Start Program provides education and support to pregnant women and families with a baby (birth through one year and beyond). It is designed to give children a healthy start in life and help you enjoy being a parent. Visitors will help you with information on:

- ♦ Parent-child relationships.
- ♦ Community resources.
- ♦ Health care and child health assessments.
- ♦ Prevention of child injuries and accidents.
- ♦ Child development.
- ♦ Immunizations.
- ♦ Planning for a healthier pregnancy.
- ♦ Encourage and aid you in filling out forms for assistance.

Home visitors are mothers themselves who have been trained to help other mothers with their concerns. The home visitors work with public health nurses who may also make home visits as needed.

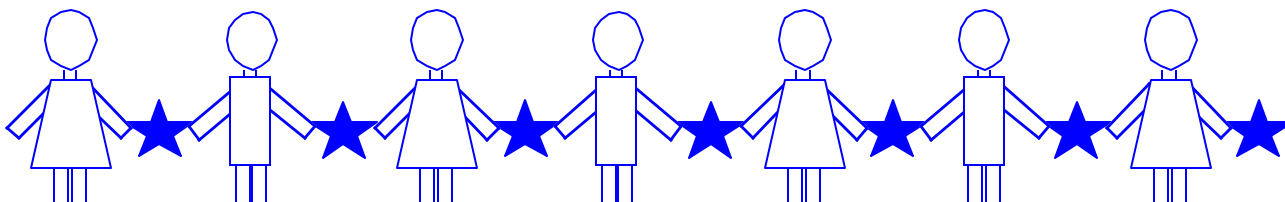
For more information call your local health department or the Kansas Department of Health and Environment.



Distributed by:

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MCH
(Maternal Child Health)

Healthy Start Home Visitor Program

